

SEEKONK COUNCIL ON AGING

September 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop, & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>2 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop, & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>3 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>4 Mexican Train (Dominos) 10am - 12pm</p>	<p>5 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>8 Senior Exercise at Seekkonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>9 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>10 Fads in Nutrition @ 10:00am Lunch: American Chop Suey Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>11 Mexican Train (Dominos) 10am - 12pm Men's Breakfast @ 8:30am Toti's in Seekkonk</p>	<p>12 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>15 Senior Exercise at Seekkonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>16 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>17 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>18 Mexican Train (Dominos) 10am - 12pm Women's Brunch @ 10am Toti's in Seekkonk</p>	<p>19 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>22 Senior Exercise at Seekkonk Total Fitness \$1 11:00am - 12:00pm</p>	<p>23 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>	<p>24 TRIAD: Scams Lunch: Chicken Pot Pie for \$3 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>25 Mexican Train (Dominos) 10am - 12pm</p>	<p>26 Wii Fun Time 10am *Bowling, Tennis, Baseball, Golf Come join the fun and exercise! Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>
<p>29 Senior Exercise at Seekkonk Total Fitness, \$1. 11:00am - 12:00pm</p>	<p>30 Seekkonk Senior Shopping Day Wal-Mart, Stop & Shop & Price Rite - 10:15am - 11:30am By GATRA GATRA: 1-800-483-2500</p>			

